

Positive Alternatives 2015 - 16 Quarterly Update

Grantee: LIFECARE CENTER EAST (dba Options for Women East)

Goal: To provide positive alternatives to abortion to pregnant and parenting women in the East St. Paul and surrounding areas

For the period: April, May, June 19th 2016

| Activity or Service | Activity or Service Description Major Work Plan Activities | Work Plan Count | Program Progress and Accomplishments Report the progress and accomplishments made this period on each activity. | Report Count |
|--|---|------------------------|---|---------------------|
| Administrative Activities | Provide ongoing guidance, assessment and supervision to grant staff; complete grant forms; track grant budget; attend required grant meetings | | Ongoing guidance, supervision and assessment of grant staff were carried out this quarter. | |
| Outreach | Program staff will network within the community to provide education regarding our services | | Our program staff visited two local organizations this quarter to network sharing how our services can benefit their clients. | |
| Crib Distribution/ Sleep Safety Education | Provide Safe Sleep Education | 8 | This quarter we have had multiple clients bring in their friends and family to their current appointments that do not speak English. This has increased our client base but also allowed us to reach those women who have a language barrier that may not have the opportunity to learn about safe sleep and SIDS. | 26 |
| Life-Skills Education Program | Provide life-skills education | 12 | -When a client has worked on life skill worksheets, watched videos that educate how to set intentions and move forward with decision making, and have discussed ways to incorporate best practices and positive habits into their lives using life coaching and the new education they have learned Story: Maja started with us in January of this year. She was referred to us through WIC to apply for a pack-n-play through the Safe Sleep program. | 127 |

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|--------------------------|--|-----------------|--|--------------|
| | | | <p>She was in her 3rd trimester of pregnancy, and excited to join our Uniquely Me education and life coaching program.</p> <p>Maja's son is now 5 months old. Over the last 7 months, she has worked on her parenting skills, communication with her boyfriend and baby's father, and has made powerful decisions for her life that align with her values that include school and moving out of her mother's home. She continues to come weekly, never missing an appointment. Maja reliably completes her personally created homework, which typically involves practicing new parenting techniques, taking action steps towards goals she's created, and experimenting with new ways of viewing the world around her while being fully present and grateful. Maja has developed into a strong woman over the months, and most importantly, a competent mother focused on creating a better life for her child than what she was provided. We are very proud of Maja and her hard work through the coaching process here at Options for Women East.</p> | |
| Mentoring Program | Provide prenatal and parenting education in an incentive program | 12 | <p>-When a client has discussed, watched, or read information on prenatal information or fetal development or on parenting skills, lessons, or activities-</p> <p>Story: We have a couple that was in our prenatal program, had their child in March, and has continued to stay with us to learn newborn care and parenting skills. As of now, they are on their second series of parenting lessons and love coming here to discuss parenting situations while their child is young so they can make sure they are on the same page.</p> | 123 |

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| Nutrition | Provide prenatal vitamins to clients having ultrasounds; provide education on prenatal nutrition and prenatal vitamins | 30 | Nurses provided prenatal vitamins to clients having ultrasounds; these women also received education on prenatal nutrition and prenatal vitamins. One client shared she had never understood the importance of good nutrition during pregnancy before. She intends to give up all soft drinks during the remainder of her pregnancy. | 31 |
| Pregnancy Education | Nurses provide education on Alcohol/ Drug cessation, prenatal vitamins and importance of prenatal care | 30 | Nurses provided education on Alcohol/ Drug cessation, and importance of prenatal care to 58 women. 30 women were provided prenatal vitamins. | 58 |
| Pregnancy Testing | Provide program eligibility assessment, pregnancy counseling and testing | 50 | Program eligibility assessment, pregnancy counseling and testing was provided to all 58 women who presented for pregnancy testing. | 58 |
| Ultrasound | Provide ultrasounds, education and counseling | 30 | Our sonographer provided ultrasounds, education and counseling. This quarter we have 4 women under the age of 22 who were planning to schedule an abortion. Each received an ultrasound and education. Three reported changing their minds after the ultrasound. One returned for Prenatal Care. | 31 |

| Maternal and Child Health Initiative Task Force Strategies | No. |
|---|------------|
| <i>Number of women who received car seats and car seat safety education from a PA funded program activity</i> | NA |
| <i>Number of women who received car seat safety education only from a PA funded program activity</i> | 49 |
| <i>Number of women who received child abuse prevention education from a PA funded program activity</i> | 49 |
| <i>Number of women who received abusive head trauma (shaken baby) prevention education from a PA funded program activity</i> | 49 |
| <i>Number of women who received a baby bed, crib, or pack-n-play and sleep safety education from a PA funded program activity</i> | 1 |

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| Maternal and Child Health Initiative Task Force Strategies | No. |
| <i>Number of women who received sleep safety education only from a PA funded program activity</i> | 49 |

Challenges: Comments: